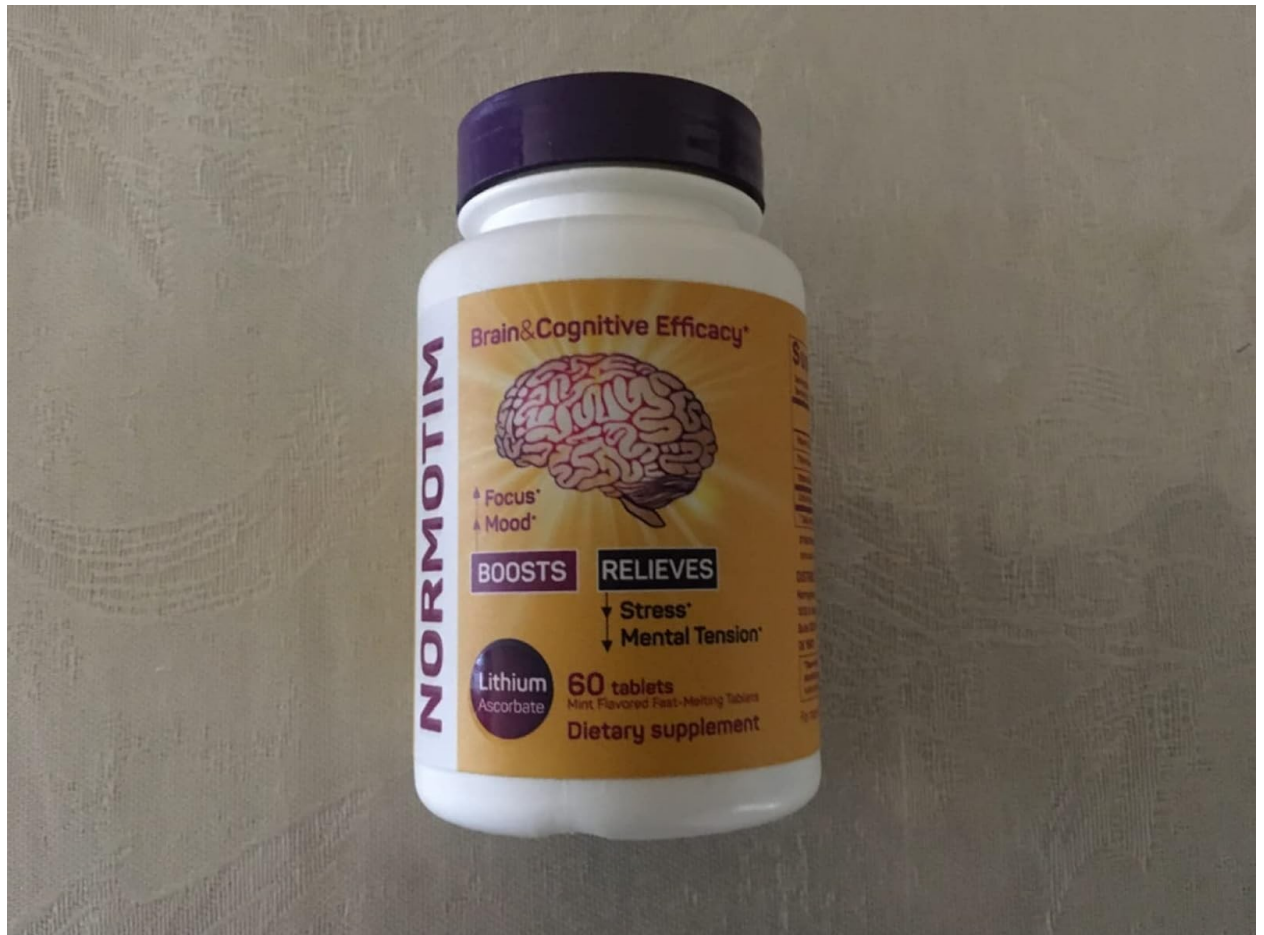


## Normotim: Impact of Super Lithium on Neuroplasticity and Neuroprotection

*Dive into how **Normotim from Normopharm's** formula supports brain plasticity and protection, key to maintaining cognitive health.*



Food addiction is a stark reality for many, a challenge that doesn't discriminate by age. [Recent findings](#) from the University of Michigan reveal that an alarming one in eight Americans over the age of 50 show signs of food addiction. Similarly, stress-related eating behaviors are on the rise, with the American Psychological Association noting that 38% of adults admit to overeating or indulging in unhealthy food

choices due to stress in the past month. This growing issue is complex, influenced by a mix of upbringing, societal pressures, and even changes in metabolism and brain chemistry as we age

Children are not immune to these challenges either.

A [study](#) from the University of Florida found that among 50 children aged 8 to 19, over 32% believed they were addicted to food. These young participants also reported symptoms like emotional overeating and an unhealthy preoccupation with food and body image, issues that deeply affect self-esteem.

Talking about solutions, 'Super Lithium' (as known as Normotim's lithium ascorbate), becomes a potential ally for those who struggle. This innovative compound isn't just another supplement; it combines the mood-stabilizing power of lithium with the antioxidant benefits of vitamin C, offering a dual approach to tackling food addiction. Today, we would love to tell you more about the impact of this supplement on the way you can prevent your food addiction.

## **What does it mean to be addicted to food?**

Food addiction often stems from a tangled web of emotional, physical, and environmental factors. Our early eating behaviors, the dietary habits we're exposed to, and even our genetic predispositions play roles in shaping how we interact with food. As we age, our body's metabolism and neural

pathways evolve, making us react differently to food, especially highly processed varieties.

## **A new hope — Super Lithium by Normotim**

Normotim's super lithium, in the form of lithium ascorbate, holds promising potential as a powerful tool in the battle against food addiction. Let's explore how this innovative compound could make a significant difference.

It mitigates the **compulsive behaviors associated with food addiction**, and helps individuals **make healthier eating choices**. This is especially important as dietary needs change with age and stress levels, which are notably high in today's fast-paced environment.

By smoothing out the emotional highs and lows that can trigger food cravings, super lithium helps individuals **maintain a more balanced psychological state**. This stability is crucial not just for adults but also for children who struggle with body image and self-esteem issues linked to their eating habits.

*Our studies of people trying to lose weight and change their eating habits revealed some important findings. We found that 70% of them had elevated levels of depression. The process of giving up old eating habits is incredibly stressful and often leads to setbacks and reduced success. However, when we introduced Normotim, things changed. Breakdowns during the weight loss process decreased by 50%, and the*

*group using Normotim lost 34% more weight. Thus, by stabilizing their emotional state and reducing depression levels, we significantly increased their chances of changing unhealthy eating habits and overcoming food addiction.*

The addition of vitamin C in lithium ascorbate **supports brain health** through its antioxidant properties.

Antioxidants play a significant role in neutralizing free radicals, which can damage brain cells and contribute to cognitive decline. Be sure that by protecting the brain, vitamin C helps increase the efficacy of lithium, ensuring that the brain's reward and pleasure centers are not overly stimulated by unhealthy foods.

*So, the plan is simple — take Normotim's lithium ascorbate to support your mind in fighting unhealthy food addiction.*

Adopting super lithium in the prevention of food addiction shows a compassionate, science-backed strategy to address a growing issue. It acknowledges the complexity of food addiction and offers a multifaceted solution that goes beyond simple willpower. It's about understanding and intervening in the biochemical processes that drive unhealthy eating behaviors, providing support that is both physiological and psychological.

To learn more about Normotim lithium ascorbate, visit our [website](#).

**Patent Verification**

*The pioneering formulation of Normotim is protected under patent no. US 10,456,373 B2, titled "AGENT EXHIBITING ANTI-STRESS, ANXIOLYTIC AND ANTI-DEPRESSION ACTIVITY, AND COMPOSITION BASED THEREON" and another supplementary patent, US 11,219,641 B2, named "USE OF LITHIUM ASCORBATE TO PREVENT AND TREAT ALCOHOLISM AND ALCOHOL INTOXICATION".*